



Success Story Title	Walking Their Way to Better Health
Location	Lenawee County
Focus	Walking!
Strategies	Lifestyle Counselor Fran Landwehr is all about the walking. And her WISEWOMAN clients are reaping the benefits. During her lifestyle counseling sessions, Fran keeps the focus on physical activity and never passes up an opportunity to help a client weave physical activity (especially walking) into their life. “Once it becomes a habit, better health just seems to follow,” says Fran.
Outcomes	<p>WISEWOMAN participant Nancy Monroe is now up to walking 2 ½ miles per day. Losing weight on her walking routine was no surprise. But what did surprise her was the news she received at her last doctor visit – her glucose levels were back to normal and her doctor took her off her medicines!</p> <p>Thanks to Fran, WISEWOMAN Darlene Kirchner is also a convert to walking. Darlene had knee problems and rising blood pressure. She started walking and is now up to walking 1 – 2 miles at least 5 days a week. She’s even recruited her 72 year old friend who now walks regularly with her. To date Darlene has lost 20 pounds and her knee problems are better. Her doctor has even decided not to put her on blood pressure medicine, since her blood pressure has dropped significantly.</p> <p>Fran has also recently started a mall-walking group. Her numbers are small, “but the women are really committed,” she says. “I’ll keep showing up as long as there is one woman who is committed to walking.”</p>
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